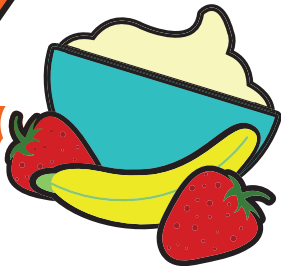


KiK it UP!

Level A - Lesson 7

Fresh Fruit Dippers



INGREDIENTS

- 6-ounce container nonfat or low-fat vanilla or strawberry yogurt
- 2 to 3 strawberries
- 1/4 to 1/2 banana

Makes 1 serving

EQUIPMENT

- Plate
- Knife
- Fork

DIRECTIONS

1. Wash hands and surfaces.
2. Wash fruit.
3. Peel banana. Cut fruit into chunks or pieces – halve the strawberries and slice the bananas.
4. Use a fork to dip fruit into yogurt.
5. Refrigerate leftovers immediately.

